

Carolina country

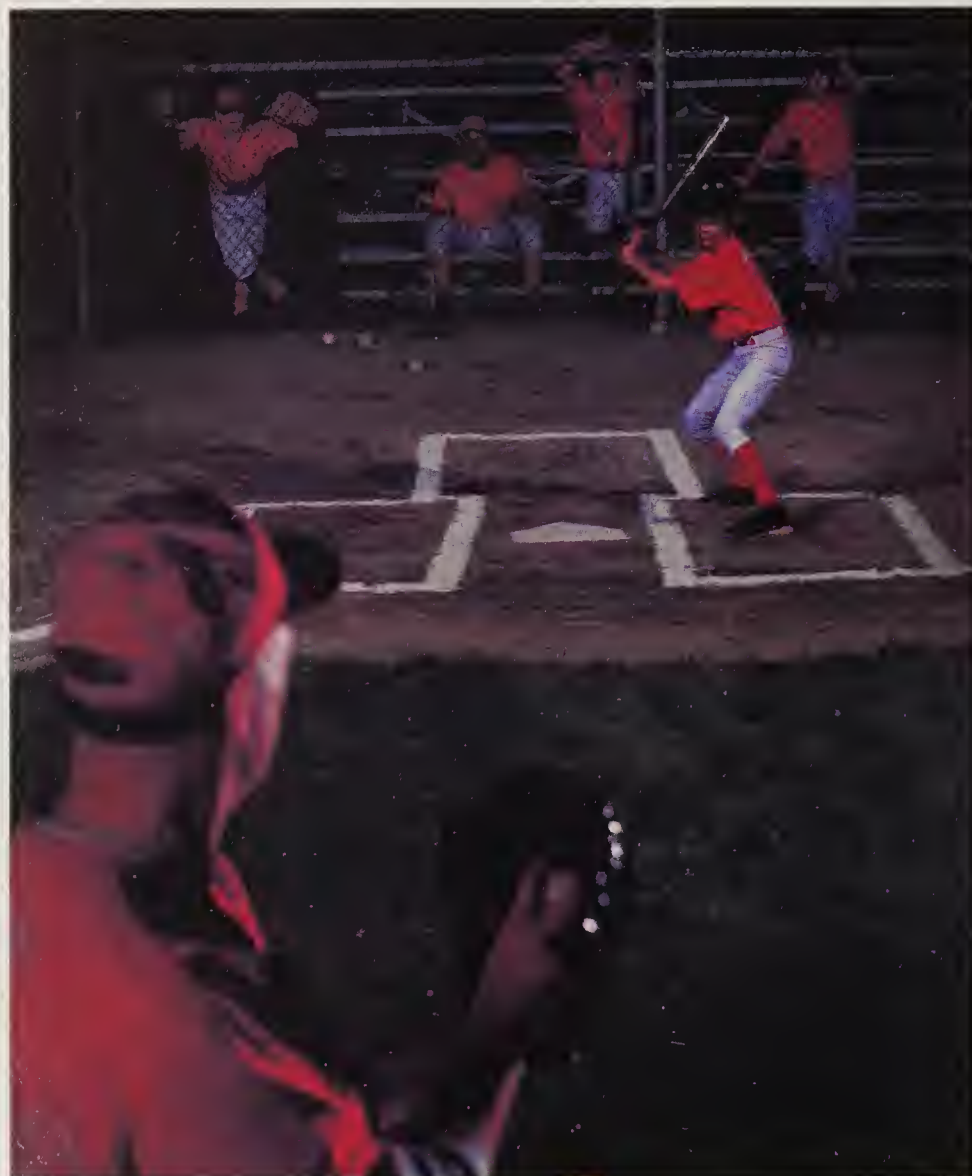


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Cape Hatteras Electric Cooperative linemen pack up the truck just as a summer gale rises to hurricane force.
(Photo copyright by Huy Nguyen)

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first person



From our readers

Rep. Coble helps satellite TV get more local stations

I write to publicly thank U.S. Representative Howard Coble [6th District Republican Congressman from Greensboro] for his efforts on behalf of the consumers of rural America in our effort to secure local-to-local broadcast service. As you may know, local-to-local television service is the only way many under-served or unserved consumers can gain access to television signals from their local stations.

This service is important because without it most rural residents will continue to be denied access to local news and weather broadcasts, which in many instances provide a critical margin of safety in bad weather and other emergencies.

Congress passed a law last year that the President signed, opening these local signals for broadcast over the small-dish satellite systems many people have installed in their homes. The big service providers have been focusing on providing service to the largest television markets first. It will be many years – if at all – before they get around to focusing on rural consumers.

Rep. Coble's leadership on this issue has accelerated this process. He has been instrumental in advancing local television access for rural Americans. On behalf of the nation's electric cooperatives and the 34 million consumers we represent I wanted to thank him for his service and dedication to them.

Glenn English
Chief Executive Officer
National Rural Electric Cooperative Assn.

Moonshine lesson

My father loved to drink moonshine. So one day, he was sitting at the kitchen table with his moonshine at his side. My Mom didn't like the idea that he liked moonshine. She went outside and brought in an earthworm. Then she poured some moonshine in a glass and dropped the worm in the moonshine. The worm dissolved.

"You see what moonshine will do to you when it is in your system?" she said.

My father replied, "Moonshine will keep me from gittin' worms!"

Phillip E Griffin
Monroe
Union Electric member

Looking for bee balm

In your May issue, "Hanks Gardening Guide" says to attract hummingbirds, include "bee balm" in flowerbeds. I want to know where to find bee balm. I have checked in garden stores and different places and nobody knows what I am talking about.

Margaret Stovall
3336 NC 704 Hwy. E.
Lawsonville, NC 27022

Bee balm is a flowering plant that spreads fast. It gets up to 3 feet tall and comes in a variety of colors. It is unsurpassed for attracting hummingbirds. It prefers wet places, thickets and stream banks. It blooms from July through September. Other names are wild bergamont, Oswego tea, and horsemint.



How to tell what weather is coming

Look for snow

These are a couple of weather adages that I heard from my husband while we were going through the bad snow and ice in January. (Incidentally, they held true, at least this time!)

- If you see several "snowbirds" (tiny birds that you only see out in the very cold weather) in a group feeding, it will snow in a few days.
- If the snow stays on the ground without entirely melting for a week, then it will snow again within a week. ("The snow is waiting on a new snow to fall.")

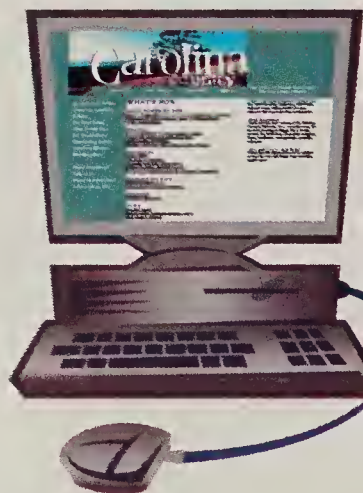
Toni Callahan
Denver

www.carolinacountry.com

We are delighted to find Carolina Country on the Web! We have enjoyed your publication for years as a bonus for being Wake EMC customers. Now that we can read it on the Web, are you making provisions to remove persons from your mailing list? Thank you for your continuing service to North Carolina through Carolina Country.

Stephen Strock

Editor's Note: The Carolina Country Web site is not a duplicate of what is published in the print version. The two complement each other. The Web site, for example, can publish hundreds of recipes, whereas the magazine can publish only one or two per month. The Web site can publish much more in the way of stories, art, events listings, practical information, political and business information, travel guides, jokes, children's information, puzzles, advertising, and information for advertisers. It is a site that changes and grows regularly. Unlike the magazine, however, you can't easily read it on the beach, in the bathroom, in the car or on an airplane. So we will continue to publish both as long as there is sufficient interest.





When our granddaughter Mikayla Brooke Petty (seen here recently at age 2) from Greensboro comes to visit us in Alleghany County, she loves to see the "cow-ees," too.

*Ray and Barbara Petty
Laurel Springs
Blue Ridge EMC members*

Saunker at last

For all of my adult life I have been looking for the correct spelling of "saunker." I was raised in the Piedmont, and my maternal grandmother and my mother used to make sweet potato saunker all the time. When I moved to the mountains of North Carolina, saunker was a term no one here had ever heard of. I was very amused and pleased to open up the May 2000 magazine and see a recipe for saunker pie on page 5. You've made my day.

*Janice Freeman
Waynesville*

To see Evelyn Whisnant's recipe for boiled dumplings (also called saunker pie), see Carolina Kitchen on our Web site www.carolinacountry.com, and click on "Side Dishes."

A happy birthday for Della Brooks

I wish I had the words to enable all of you beautiful people to understand what your kindness has meant to my mother, Della Brooks, and all of our family ["Mrs. Della Brooks at 100," First Person, April 2000]. Our cup truly runneth over. You sent more than 1,200 cards, letters, pictures, prayers, tracts, a videotape, a scrapbook, a postcard dated 1907, real dyed flowers, the list goes on. Schoolteachers encouraged children to make cards and send them to Mama for her 100th birthday.

We live in a rural area where everybody knows everybody. So naturally the people in the local Post Office know "Ma Butchie," as she is known. Elaine, the postmistress, told me that there had never been anything like this in this history of the Glade Valley Post Office. Some days the mail box wouldn't hold all the mail and they had to bring it to the door. Thank you for everything. We will never forget what you have done to make the year my Mama turned 100 to be her most memorable.

*Ellen Brooks
Glade Valley*



Photo by Stewart Royall Studio

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How not to bathe a cat

Not so bright

I enjoy reading Carolina Country, but was extremely alarmed to read "How to Bathe A Cat." ["The funniest stories you ever heard," April 2000]. While the article was in jest, I did not find the humor in it and felt like you stooped to a very low level by allowing such a disturbing story to go into print. You have a very large readership and this might give some sick people new ideas to harm innocent animals. I am an animal lover and particularly a cat lover, and your magazine deeply offended me.

*Mechelle Dalton
Glade Valley*

More feeble than funny

I would like to express my disgust at your printing the so-called funny story "How to bathe a cat." Even though it was a feeble attempt at humor by signing it "The Dog," it is a story of animal abuse. Humane societies see thousands of horrific cases of abuse every day of the year, and who knows how many are encouraged and even sanctioned by calling a story like this "funny."

Would you have printed the same if it had been titled, "How to bathe Baby Sister" and signed "Brother"?

*Dorothy J. Fish
Zionville*

Ask the experts

First of all, this is no way to bathe a cat. It is dangerous and scary for the cat. If someone reads this article and puts a kitten in to bathe, it will be sucked down the drainpipe.

Next, newer toilets today have a stronger sucking and could pull part of a full-grown cat's body into it.

If you want to know how to bathe a cat, go to or call a pet store or veterinarian.

*Glenn Radford
Goldsboro*

Editor's Note:

We regret that we published advice from "The Dog" on "how to bathe a cat." We should have known it would offend people. It won't happen again.

Quick Vinegar Weight Loss Shocks Woman

If you want to lose weight and keep it off -- hate dieting and are tired of taking pills, buying costly diet foods or gimmick "fast loss" plans that don't work-- *you'll love the easy Vinegar way to lose all the pounds you want to lose. And keep them off!*

Today, the natural Vinegar weight loss plan is a reality after years of research by noted vinegar authority Emily Thacker. Her just published book "Emily's Vinegar Diet Book" will help you attain your ideal weight the healthiest and most enjoyable way ever.

You'll never again have to count calories. Or go hungry. Or go to expensive diet salons. Or buy pills, drugs.

You'll eat foods you like and get a trimmer, slimmer figure-- free of fat and flab-- as the pounds fade away.

To prove that you can eat great and feel great while losing ugly, unhealthy pounds the natural Vinegar way, you're invited to try the program for up to 3 months on a "You Must Be Satisfied Trial."

Let your bathroom scale decide if the plan works for you. You must be satisfied. You never risk one cent. Guaranteed.

What's the secret? Modern research combined with nature's golden elixir.

Since ancient times apple cider vinegar has been used in folk remedies to help control weight and speed-up the metabolism to burn fat. And to also aid overall good health.

Now-- for the first time-- Emily has combined the latest scientific findings and all the weight loss benefits of vinegar into a program with lifetime benefits-- to melt away pounds for health and beauty.

If you like food and hate dieting, you'll love losing pounds and inches the Vinegar way.

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You'll feel and look years younger shedding unhealthy pounds that make one look older than their age.

According to her findings, staying trim and fit the Vinegar way also provides preventive health care against the curses of mankind-- cancer, heart disease, diabetes, high cholesterol and blood pressure and other maladies.

In fact, the book's program is so complete that it also helps you:

- Learn secrets of ageless beauty and glowing skin
- Help build the immune system, to fight arthritis and disease
- Speed the metabolism to use natural thermogenesis to burn fat

PLUS so much more that you simply must use the book's easy Vinegar way to lose all the weight you want to lose--and enjoy all its other benefits--before deciding if you want to keep it.

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Simply write "Vinegar Diet" on a piece of paper and send it with your check or money order of only \$19.95 plus \$2 shipping and handling to the publisher: The Vinegar Diet, Dept. FD3584, 718 - 12th Street N.W., Box 24500, Canton, Ohio 44701.

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V.S., Meridian, MS

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J.G., Sivley, IL

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Z.L., Pensacola, FL

Above statements are extracted from letters received by the publisher from readers

* Testimonials are atypical, your weight loss may be more or less.

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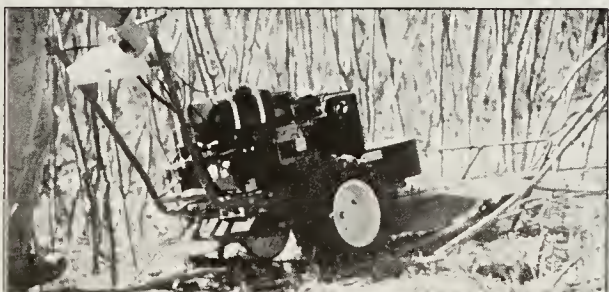
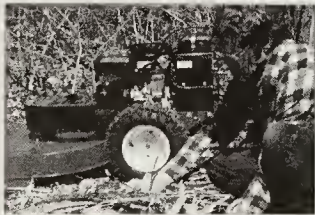
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Consumers First

By Donald H. Spivey



The state legislature's Study Commission on the Future of Electric Service in North Carolina has recommended that by January 2006 all consumers in the state have the option of choosing who supplies their electric power. Between now and then, we at your electric cooperative will do our best to help you understand what that means and how it affects you.

The opportunity to choose your electric power supplier does not mean you will have to decide between your electric cooperative's services and another utility all together. It means you will have a choice of electricity supplier — which could be your cooperative or others who get into the business of marketing the commodity of electricity. (Of course, you could choose not to choose, which means nothing about your electricity supplier would change.)

Delivering electricity to you will still be the job of your electric cooperative, working with the same poles and wires and meters we use today. It's the power supply itself — the electrons — that you may choose to come from a source other than your co-op.

Opening the electric power supply market today is similar to opening the long distance telephone market some years ago. Telephone consumers could choose among long distance phone service suppliers — such as AT&T or Sprint or MCI — but the local phone company still delivered the service through its locally-owned phone lines and equipment.

The details of how a competitive electric supply market will work in North Carolina is scheduled to be considered in the Study Commission and General Assembly over the next two years. The state's electric cooperatives will actively participate in the discussion, just as we have on the Study Commission, in order to ensure that the voice of the consumer is heard.

Our main message is "Consumers First." We work for the benefit of electric "end-of-the-line" consumers. Most of our consumers, by far, are families, homeowners and small businesses. As electric cooperatives owned by our customers, our first priority is service, not profit.

In its report to the General Assembly, the Study Commission stated, "It is difficult to determine whether the price of electricity will go down in a competitive retail market." That concerns us, too. We will continue to promote the premise that North Carolina's homes and small businesses and ALL consumers see savings in a competitive market. That's why we plan to work within the Study Commission and the General Assembly to ensure that future legislation and regulatory actions will benefit consumers' power costs and prevent marketplace confusion and aggravation.

Common Sense

Here are four issues that cooperatives are discussing with state officials. We think they are common sense issues:

- **Rural Benefits.** We must ensure that rural North Carolina benefits from electric industry changes. Our state's rural areas need to be helped, not harmed, by any changes to our basic infrastructure.

- **Buying Pools.** Consumers should be able to join together and form buying pools to purchase energy and related services.

Cooperative groups, like our EMCs, should be permitted to exercise local control and governance over energy distribution while adhering to the "rules of the road" established for competitive generation supply.

- **Defined Distribution Territories.** All utilities must have established electric distribution territories to prevent duplication of facilities and wasteful spending.

- **Municipal Mergers.** The electric cooperatives want to work with their neighboring municipally-owned electric systems to "merge" distribution systems if it would benefit customers. Both cooperatives and cities work solely for the benefit of customers who have a "voice" in utility operations.

Donald H. Spivey is CEO and executive vice president of Pee Dee Electric Membership Corporation, which serves more than 18,000 members in Anson, Richmond, Montgomery, Scotland, Moore, Stanly and Union counties. He also is a member of the cooperatives' statewide Power Supply Committee.

Safety Tip:

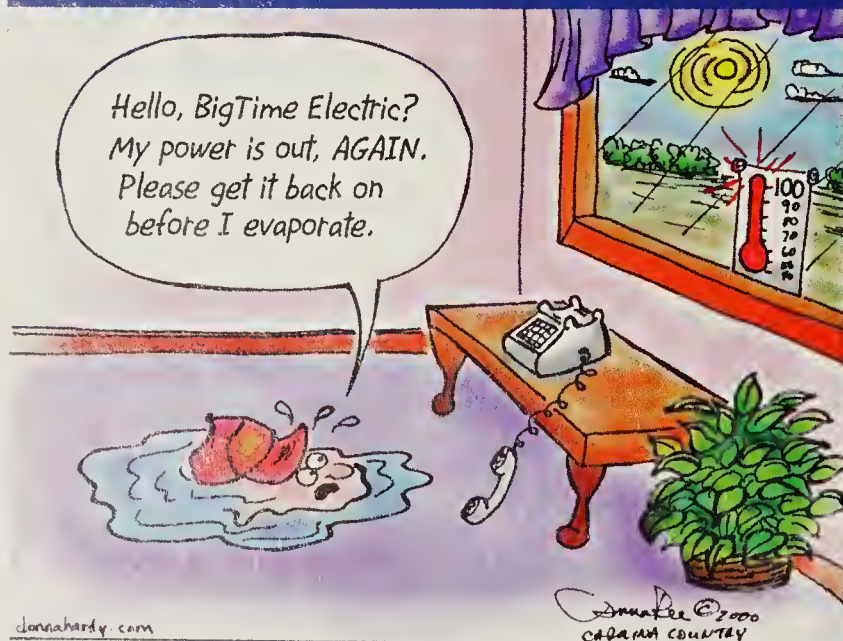
Hang up during an electrical storm

If your parents told you not to talk on the phone during a thunderstorm, they were right. Just ask Claire Simons, an employee of the National Electrical Safety Foundation. A lightning strike "came down the tree and through a copper wire into the house. The telephone was blown to smithereens," she says. "We were lucky nothing caught fire. And we now stay off the phone during an electrical storm."

It also pays to turn off appliances and even unplug them during a serious electrical storm to prevent damage to the circuits. (Source: National Safety Council (www.nsc.org))

Light Lines

by Donna Hardy



Watten misses his electric co-op.

Top management changes at five co-ops



Craig Conrad,
Carteret-Craven

Craig Conrad has been named executive vice president and general manager of Carteret-Craven Electric Cooperative, based in Morehead City. He previously held the position of vice president of engineering and operations for the co-op. He is a professional engineer and holds both physics and electrical engineering degrees. Conrad and his wife, Ann Gingrich, live in Newport. He is involved in various community organizations and is an avid sportsman. He recently spearheaded the effort to provide a wetlands project on the grounds of Carteret-Craven.

Carteret-Craven Electric serves more than 31,000 members in four southeastern coastal counties.



Wallie Lamm,
Central EMC

Wallie (pronounced WAY-lee) Lamm is the new general manager of Central EMC, based in Sanford. He began his career at Central 29 years ago as a first class lineman. Most recently, he served as manager of operations and engineering. He is a Harnett County native. Lamm and his wife, Janice, live in Swann Station. He is a member of Swann Station Baptist Church where he previously served on the Board of Deacons. The couple has three children and four grandchildren.

Central EMC serves more than 14,000 members in four central North Carolina counties.



Allan Holt (left), passes the Randolph EMC manager's responsibility to Dale Lambert.

Allen Holt retired at the end of June as executive vice president and general manager of Randolph EMC, based in Asheboro. Holt joined the co-op in 1974 as staff assistant. He became plant manager in 1980 and manager of administrative services in 1989. He was selected for the top position in 1996. He and his wife, Sara Ann, have two sons. They live in Asheboro. Holt is currently serving as chair of the Randolph

County Economic Development Corporation and on the Asheboro Airport Authority. His future plans include restoring a 1949 Farmall tractor and travel. He has lived in Asheboro most of his life and plans on staying.

Dale Lambert succeeds Allen Holt as executive vice president and general manager for Randolph EMC. Lambert started at Randolph in 1984 as an apprentice lineman, was promoted to journeyman lineman in 1990 and to Robbins district manager in 1993. He previously worked for Burlington Industries. He and his wife, Regena, have three children. They live in Bennett.

Randolph EMC serves more than 27,000 members in five Piedmont-area counties.



Chip Leavitt,
Brunswick EMC

Robert W. "Chip" Leavitt Jr. is general manager of Brunswick EMC, based in Shallotte. He replaces the late David Batten, who died in March. Leavitt has served as the co-op's chief financial officer for the past 18 years, and as assistant general manager for the last nine years. He is involved with the co-op's business incubator program, which has launched three business development centers in Tabor City, Whiteville and Winnabow. He also serves as general manager of the co-op's affiliate, the Rural Consumer Services Corporation, which operates and manages the three business centers. Leavitt is pursuing funding and installation of a Wide Area Network (WAN) for high-speed Internet access in the rural communities served by Brunswick. Leavitt and his wife, Dallas, have two children.

Brunswick EMC serves more than 57,000 members in southern coastal counties.




Bill Stacy,
Tideland EMC

William H. "Bill" Stacy is the new general manager of Tideland EMC, based in Pantego. He previously held the position of vice president of operations for EnergyUnited, the electric co-op based in Statesville. He has been in the utility industry for more than 18 years, and has worked in South Carolina, Arizona and Wisconsin. He is a professional engineer and has an electrical engineering degree. Stacy recently earned a master's degree in business administration. He has two black belts in karate. Stacy and his wife, Cheryl Anne, have two children and three grandchildren. They live in Washington, with plans to relocate to Bath.

Tideland EMC serves more than

20,000 members in six eastern North Carolina counties.



"The bolt came through and set the wrought iron railings aglow with green St. Elmo's fire"

...and other accounts of the worst storms you've ever seen

When I was a teenager, some friends and I spent a weekend camping on the banks of the Neuse River. It was awfully hot and buggy and muggy and so very still, but the water was cool and the jellyfish weren't bad. There was not a whisper of breeze. Late in the afternoon we saw dark clouds coming down the river. A thunderstorm was making its way towards us. We sat spellbound on the riverbank and watched as it rolled toward us, black and billowy with lightning flashes pulsing. It was the coolest thing I've ever seen. When it was upon us, we jumped into our tents for shelter as the wind howled and the rain poured down and the thunder banged. It sounded like the end of the world. But in just a few minutes it passed. We crept from our tents to watch it continue down river until we couldn't see it anymore. When you get a chance to witness something so raw and powerful, you don't forget it.

Thanks to everyone who wrote to share their storm stories with us. Next month we'll publish stories about "Why I Like My School." (Deadline was June 15.) For other themes of 2000, see page 11.

— Kim Whorton Tripp

Walking back to Winkler's Creek

On February 17, 1960 my mother left our home on Winkler's Creek to walk five miles into Boone for groceries to feed her family of seven. That afternoon a blizzard hit Watauga County with a blinding fury. It raged around the eaves of our little four-room house rattling the windows and nearly shaking the doors off their hinges.

Grandmother walked the floor and peered out windows and worried about our mother. We couldn't get to the woodpile for firewood or to the spring for water, so we melted snow to drink and hoarded our little pile of wood inside, burning it sparingly. We went to bed hungry that night with the storm still raging, listening to grandma's prayers and the wind howling around us.

Morning dawned cold, clear, and eerily quiet with snow piled up to the windows in nine-foot drifts. Mother was found 200 yards from our door, lying on her back as if asleep. I was only 12 that year, but I have never forgotten the blizzard that claimed mother's life or the kindness of our Watauga neighbors who came by with food, money or just a word of sympathy.

Tula Smith

Lenoir

Blue Ridge EMC member

Hugo in Caldwell County

The worst storm I've ever seen was Hurricane Hugo in September 1989. Not only did I see it, I was an active participant. I worked for the Caldwell County Department of Transportation's maintenance department. On my way to work that morning fireballs were rolling along the power lines, and trees were falling everywhere. I knew right then what my day was to be like. After dressing in our government-issued rain clothes and rubber boots we began our day.

At one point we were right in the eye of the storm. We actually held on to our truck to keep from blowing away.

It was a scary feeling to be clearing trees out of the road and while you're getting up one tree, three more fall beside you. There was a lot of rain, wind and fatigue. Mother Nature sure showed our small county what she could do. I was relieved when that storm and the long work hours were over. I've never seen, much less actually participated in, a hurricane since then, and I never want to again.

Diane Weeks

Morganton

Rutherford EMC member

The lightning strike

In the summer of 1979, my family moved to Asheboro and rented a house while our dream home was being completed. One afternoon, as our landlord, Mr. Greene, stood discussing estimates with a contractor in the backyard, the sky turned deep purple. Within minutes, vivid lightning pulsed around them like a strobe light. Both men wisely sought shelter under the eave of the house, just in front of a picture window. I thought they should come inside, so I reached out to tap the window above Mr. Greene's head. Suddenly, everything went white. No sound, no impact — just a bright, stark whiteness, like typing paper held to my face. I felt the floor undulating beneath my feet.

When my vision returned, I found myself in the far bedroom. Though I had seen nothing, I remember a bright green fireball arching across the yard as the men fled for the cover of the garage. Only when I saw the smoldering clapboards did I realize the house had been struck by lightning.

I was not sure if I had been struck. Mr. Greene's son had been across the street when the strike occurred and saw the bolt come through the sliding glass porch door

and set the wrought iron railings aglow with green St. Elmo's fire. If he was correct, I had been in the direct path of the lightning. My parents felt that the fact I was alive to tell the tale was proof that it missed me.

Tina LaVallee
Cameron
Central EMC member

The fear of Fran

My invalid mother and I were in her house during Hurricane Fran in 1996. The terrible winds started about the same time that the electricity went off, about 7:30 p.m. The winds were howling, and I kept hearing a rumbling on the roof.

About 10 p.m. I heard water dripping. Using a flashlight, I saw that that water was running, not dripping, though the ceiling in the rooms in the front of the house. Within the next hour, water was pouring through the ceiling into all eight rooms including my mother's bedroom. I covered her with plastic, but we both were getting wet and we had no place to escape the water.

I called 911 (the phone was still working) and explained our situation, and they said they would try to get to us. Sometime later, I saw a flashlight through the window and it was the police. They took us to a safe place, which seemed like heaven to us.

The damage to the house was terrible. The roof had blown off, and a pecan tree had fallen across the front. The rumbling I had heard on the roof was part of the roof blowing around.

Nellie Bateman
Teachey
Four County EMC

The tornado and the little girl

On March 18, 1984, tornadoes struck eastern North Carolina. I was only 5 years old, but I remember like it was yesterday.

My whole life turned upside down that night. My family's house was destroyed, and we were left with nothing. I was badly hurt, and they didn't know if I was going to make it. I had a hole in the side of my neck the size of a golf ball. And a 2-by-4 board with a nail in it had hit my back. I had surgery and was paralyzed for the three weeks I spent in the hospital. The doctors said that if the nail had of been a hairline longer, I would have been paralyzed for the rest of my life.

I remember coming out to where my house used to be. I could hardly believe it. Clothes were hanging in the trees. My house was gone except for the steps. My parents' cars were turned upside down.

I'm writing because you never know how much life means to you until you don't have it anymore. I just celebrated my 21st birthday and the memory of this night is still in my head. I am healthy as anyone else today. I still have the scars on my neck and on my back, and the memory of what happened that night.

Chasity Humphrey
Hookerton
Pitt & Greene EMC member

Lightning in the church

I will never forget the Sunday this happened to my sister and me. The memory of those who died is with me every day of my life. I was 14 years old in 1935.

Our neighbors Mr. and Mrs. Charlie Brewer would pick us up and take us to Sunday school and church. That Sunday the clouds were dark. I remember thinking to myself that I did not bring my raincoat and I hope we don't get wet when church is over.

All at once the church shook. I heard a loud bump. People were falling from their seats. Lightning had struck our church. I was numb. I couldn't find my sister. People were getting out as fast as they could. I found my sister on the ground at the foot of the steps. She was unconscious.

Mr. Brewer was unconscious. Mrs. Brewer asked me to help get him in the car because she was taking him to the emergency room at Lenoir Memorial because the ambulances couldn't get all the people. We put him in the back seat with my sister. I got in the front seat with one of my friends in my lap who was also unconscious.

The lightning killed all three Harpers all in one family. It's the strangest thing how the lightning went in circles. Those Harpers were not even all sitting together. One Southern boy was killed also.

We were at the hospital when the ambulances got there. Some stayed in there overnight and some stayed a week. When we started home the storm was so bad we could not see to drive. We stopped on the side of the road and prayed.

We all worked hard and built us a new church. We named it the Harper and Southern Church in memory of those who died.

Grace S. Deaver
Seven Springs
Tri-County EMC member

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2000 Themes & Rules

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. E-mail or typed, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
6. We pay \$50 for each submission published.
7. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
8. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web site: www.carolina.country.com

September
"The Finest Photo in North Carolina"
North Carolina people and places.
Deadline: July 15

October
"My Best Fish Story"
Even if it got away.
Deadline: Aug. 15

November
"The Finest Family Recipe"
Your best recipe and the story behind it.
Deadline: Sept. 15


December
"Our Finest Family Tradition"
Passed down through the years.
Deadline: Oct. 15



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tain so-called "diabetes" diets. It's been proven amazingly effective time and time again...and works so fast you can begin to feel improvement in a matter of days. The "*Diabetes Improvement Program*" is based on documented scientific principles that can:

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HERE'S HOW TO ORDER:

Simply PRINT your name and address and the words "Diabetes Improvement" on a piece of paper and mail it along with a check or money order to: THE LEADER CO., INC., Publishing Division, Dept. DB425, P.O. Box 8347, Canton, Ohio 44711. VISA or MasterCard send card number and expiration date. Act now. Orders are fulfilled on a first come, first served basis.

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Storm Watch

How to prepare your family and property for severe weather

Outside

- 5** If you live in a flood-prone area, elevate or move structures to higher ground.

Bring indoors objects that may be blown or swept away, such as lawn furniture, trash cans, children's toys, garden equipment, clotheslines and hanging plants.



6 Lower water level in pool 6 inches. Add extra chlorine. Turn off electricity to pool equipment and wrap up any exposed filter pumps with a waterproof covering.

8



Plan how to take care of your pets. Leave them with a friend. If you must evacuate, it is best to take your pets with you, but most shelters will not allow them. Large animals in barns should have plenty of food and water.

1

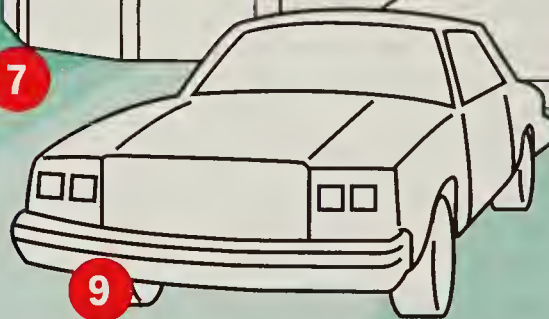
Trim dead or weak branches from surrounding trees. Do not leave them for curbside pickup during a storm watch.

2

Moor boat securely, store it upside down against a wall or move it to a safer place. Remove canvas. Anchor a boat trailer with strong rope.



7



9

If a storm is pending, fuel your vehicle

10

Keep a smaller Disaster Supplies Kit (see next page) in the trunk of each car.

Protect your windows with custom-fit shutters or 5/8-inch plywood. Check with your local building inspector.

3

4

Keep roof drains clear

16

17

16

21

23

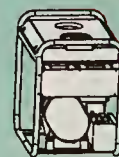
22

11

Keep sliding glass doors wedged shut in high wind.

12

If you use a portable generator make sure you know what loads can handle, including start-up wattages. If you connect the generator to household circuit, you must have an electrician install a double pole, double-throw transfer switch between the generator and outside power, or the "backfeed" could seriously harm or kill utility line workers.



Resource information

Federal Emergency Management Agency (FEMA)
500 C Street, SW
Washington, D.C. 20472
Phone: (800) 480-2520
www.fema.gov

American Red Cross
Attn: Public Inquiry Office
431 18th Street, NW
Washington, D.C. 20006
Phone: (202) 639-3520
www.redcross.org

Have enough disaster supplies for 2 weeks ready. Keep items in airtight plastic bags. Replace stored food and water every six months. Rethink your kit and family needs at least once a year. (Replace batteries, update clothes, etc.) Ask your physician or pharmacist about storing prescription medications.

- | | |
|-------------------------------------|--|
| Emergency food & drinking water | Lantern with extra fuel |
| At least one change of clothes | Manual can opener |
| Baby food, diapers & formula | Matches |
| Batteries | Medicines, glasses or contact lens supplies |
| Bleach (without lemon or additives) | Mosquito repellent |
| Books, magazines, cards & games | Personal identification. |
| Butane lighters | Pet food |
| Cash & credit cards | Phone numbers of places you could go. |
| Camera & film | Plastic trash bags |
| Car keys. | Radio (battery-operated) or TV |
| Charcoal & lighter fluid | Rope (100 ft.) |
| Clock (non-electric) | Sleeping bags, pillows & blankets |
| Cooler (with ice) | Soap & shampoo |
| Duct & masking tape | Sturdy shoes |
| Extension cords | Toilet paper & towlettes |
| Fire extinguisher | Tool kit including hammer, crowbar, nails, saw, gloves, etc. |
| First Aid kit | Water purification tablets |
| Flashlight | |
| Grill or camp stove | |
| Heavy plastic (for roof if damaged) | |



Graphics by Katherine Fowler

If you must evacuate

leave as quickly as possible. Unplug your appliances, but leave on your refrigerator. Turn off the main water valve. If time allows, move furniture to a higher place. Take sleeping bags, blankets, warm protective clothing, emergency supplies, eating utensils and identification showing proof of residency. Tell somebody where you are going.

Inside

14. Store valuables in a waterproof container at the highest point in your home.

15. Make two photocopies of vital documents and keep the originals in a safe deposit box. Keep one copy in a safe deposit box. Keep one copy in a safe place in the house, and give the second copy to someone out-of-town. Vital documents include birth and marriage certificates, tax records, credit card numbers, financial records, wills and trusts.

16. Install smoke alarms on each level of your home, especially near bedrooms.

Use the test button to test them once a month. Replace batteries at least once a year.

17. If a family member relies on life support equipment, make sure your electric cooperative knows ahead of time.

18. Fill bathtubs, sinks, and jugs with clean water in case water becomes contaminated.

19. Pick a "safe" room in the house, usually a first-floor interior hallway, room or closet without windows.

20. Plan home escape routes. Find two ways out of each room.

21. Check and protect objects that could cause harm during a bad storm: bookshelf, hanging pictures, gas appliances, chemicals.

22. Write and videotape an inventory of your home, garage, and surrounding property. Include information such as serial numbers, make and model numbers, physical descriptions, and price of purchases (receipts, if possible). Store a copy

somewhere away from home, such as in a safe deposit box.

23. Keep a portable, battery-operated radio or television and extra batteries.

24. Post emergency telephone numbers.

25. Show adult family members where your fire extinguishers are and how they work.

26. Make a plan for family members to reunite if separated (if children are at school and adults are at work). Designate an out-of-

state relative or friend as a contact person and make sure everybody in the family knows how to reach the person.

27. Teach all responsible family members how and when to turn off the water, gas, and electricity at the main switches or valves. Keep a wrench near gas and water shut-off valves. Turn off utilities only if you suspect a leak or damaged lines, or if you are instructed to do so by authorities.



How to get right to the POINT!

A consumer's guide to shopping in
The Furniture Capital of the World

If you're thinking of shopping for furniture in the High Point area, prepare yourself. This is a big place with big-ticket furniture. Your shopping experience can be successful and fun if you know what you're looking for, where to go, and how to navigate once you get there.

We consulted with two High Point furniture shopping experts to prepare a guide that gets you right to the Point. — Kim Whorton Tripp

Where is the best place to shop for furniture?

High Point and Hickory are the two leading retail centers. Thomasville and Lexington also offer some major retailers. And, a more recent emerging competitor is Cannon village in Kannapolis. In addition, there are hundreds of small operations that operate showrooms at the front of their factories, with actual production going on in the back. One good place to see these is the stretch of Hwy. 321 north of I-40 between Hickory and Lenoir.

Where can I get information about shopping for furniture in the region?

You can get store listings, detailed product information and shopping tips through the Internet, local Convention and Visitors Bureaus or Chambers of Commerce, plus numerous handy publications devoted especially to furniture shopping. You should also check state and regional print publications for ads that feature retail furniture options.

What should I do ahead of time?

Do some preliminary shopping before you make the trip. Get photos of items you like even if it means tearing them out of magazines. Make sure you have a floor plan of at least the rooms you are decorating. Draw it to quarter-inch scale, because all the furniture templates are to that scale. That means you need to either have the original floor plans or draw the room dimensions on quarter-inch draft paper. Have photos of the rooms, even if nothing is in the room.

Have photos of furniture pieces that you will be keeping, so the designer knows what they need to work with. No matter what piece of furniture you need, even if it is a painting or mirror, make sure you have a drawing of the space it will go in. If it is to go over a mantel, then make a drawing of the space and measure all dimensions. Make sure you know all ceiling heights of the rooms you will be decorating.

You should bring samples of all materials that are already in the home, such as carpets, tiles, wood flooring, paint colors, wallpaper and fabrics. Use separate envelopes to hold all the information you have collected for each room you will be decorating. Then as you shop you will have a way of organizing the information you collect for each room.

Plan your shopping experience to complete one room at a time. And don't forget to bring a camera and a tape measure along with you.

Should I start at an outlet store or one of the major furniture malls?

Since furniture shopping can take a lot of time and consideration, start at one of the larger, multi-brand furniture shopping centers. Unless you have pre-qualified an outlet store by brands, pricing, product availability, etc. your time would be better spent at a major furniture mall where you have the greatest choice of brands, styles, prices and accessories.

The advantage to shopping any of the discount stores is, of course, savings. The major savings at the outlets are in pieces that you buy off the floor. There you can find floor samples, and sometimes better bargains.

Are furniture stores open 7 days a week?

Very few of the major furniture retailers in North Carolina are open 7 days a week. Most are not open on Sunday. The typical business hours are Monday through Friday from 9 a.m. to 5 p.m., Saturday 10 a.m. to 5 p.m. Some stores are open until 8 p.m. on Thursday and Friday nights. One exception to this is the North Carolina Furnishings Festival held during the first full weekend in August. Retailers who participate in the festival are usually open throughout that weekend and they may have retail displays within the festival setting.



What is the difference between a retail store and an outlet store?

Technically, an "outlet" store is specifically operated by an individual manufacturer. Manufacturer outlets usually carry only their brands and styles, and frequently have their name in the store name. However, there are many other so-called "outlet stores" who feature discontinued, showroom, slightly damaged or one-of-a-kind pieces. Most of the stores that are considered discounters sell furniture on an average of 50 percent of the retail cost. You can usually buy the furniture right off the floor.

What is a Furniture Mart? Is it open to the public?

Originally, the word "mart" was reserved for manufacturer trade showrooms and wholesale shows. Over the years, some retailers have added the word to their name to attract shoppers. Usually the word "mall" or "mart" added to a retailer's name can indicate one of the larger facilities featuring several independent retailers with hundreds of lines and styles.

"Furniture market" is another story. These are special events held for a week in April and October when manufacturers open their showrooms to furniture retailers, wholesale buyers and designers. The "market" is not open to the public. Even if the average customer could go they would not be able to buy, because the companies require minimum dollar amount purchases. Sometimes they even require you to purchase as many as 50 sofas!

Will someone at each store be able to help me?

"Personal shopping" services can be very helpful to the serious furniture shopper, especially when shopping for several pieces and rooms at one time. They can help you put things together to fit your lifestyle and budget. A few select professional shopping services also offer multiple-day shopping excursions that include seminars, home decorating outings, design consultations and accompanied shopping.

Because personal shoppers work directly with the designers in the stores and bring them business, they will often give the shopper the best possible prices without playing pricing games. Stores will not negotiate on items that are ordered, but will sometimes on floor samples.

Interior designers at individual retailers are also helpful. Although their services are limited to their particular store brands and styles, it is always helpful to take advantage of an "expert opinion."

Can I negotiate on prices?

It never hurts to ask for a lower price, especially if you have a competing retailer's price for comparison. Retailers usually have some room to discount further. But, many of the larger discount facilities are operating on small margins in order to offer deep discounts. So you may find that the sticker price is the best price.

Is High Point the place to shop for baby furniture?

The stores here may offer baby furniture in their line, but they won't specialize in baby furniture, so their prices will not be as competitive as some national chains. But some retailers do offer "children's furnishings" and others are dedicating showroom space to creative "kid's room" displays.

Can I buy accessories there?

Both art and a wide selection of accessories are available at many of the larger discount retailers. Most of their showrooms are complete room vignettes and are fully furnished and decorated. Some showrooms specialize in a variety of art, Oriental rugs, tabletop accessories, sculpture, lamps and window treatments.

What are the normal shipping times? How much should I pay?

Shipping times will vary, but you should expect to wait 4 to 10 weeks. Special orders can take longer. Shipping cost is based on the weight of the furniture and location where it is shipped. It can range from 6 percent to 12 percent of the cost of your purchase.

Can I use my credit card?

Some places do accept credit cards, but most require cash or a personal check.

What else is in High Point?

Downtown High Point is known as Home Furnishings Magic Mile. This is where you'll find virtually everything that has to do with home furnishings. Along with several major discount furniture retailers, the Magic Mile offers the Furniture Discovery Center, Angela Peterson Doll Museum, the Convention and Visitors Bureau, the High Point Theater and Theater Art Galleries, plus a host of historic sites, restaurants, hotels and attractions.

For detailed local information

High Point Chamber of Commerce (910) 889-8151
High Point Convention and Visitors Bureau (800) 720-5255
Caldwell County (800) 737-0782 or (828) 726-0323
Greater Hickory (828) 322-1335
Kannapolis (704) 932-4164
Lexington Area Convention and Visitors Bureau (336) 248-5929
Thomasville Area (800) 611-9907

Try the North Carolina Furnishings Festival, August 5-6

Now in its third year, the North Carolina Furnishings Festival will be held in downtown High Point August 5-6. The N.C. Furnishings Festival honors one of our state's top industries and salutes a heritage that dates back over a century.

Along with manufacturer exhibits, furniture making displays, product informational centers, master furniture crafting demonstrations, antique furniture shows, auctions and appraisals, a juried art show, design seminars and a host of other home fashion related exhibits, the festival also showcases big sales from major discount furniture retailers featuring hundreds of items on sale. Bus tours to select retail showrooms are available throughout the event.

Festival visitors will also enjoy a 1,200 square-foot "House Maze," furnishings games including the Tour de Sealy Bed Race, Rotary "Rug Rats" race, the YMCA Couch Potato competition, a bed-making competition and more. Entertainment includes live music, clowns, side-walk performers, rides and games for the whole family, and plenty of food and merriment.

For more information about the N.C. Furnishings Festival and area lodging, call (336) 956-1888 or check out their web site at www.ncfurnishingsfestival.com.

Steve York and Terri Yates contributed to this article. **Steve York** is an independent marketing consultant to the home furnishings industry and the N.C. Furnishings Festival. He operates a business offering assisted furniture shopping excursions and interior design seminar outings.

Call (828) 733-6957.

Terri Yates is the founder and operator of A.T. and L. Furniture Shopping Service which offers an organized approach to furniture shopping. The packages include, locating and pricing specific manufacturers, personal shopping and guided tours. Call (336) 454-3179 or e-mail: atandlshop@aol.com





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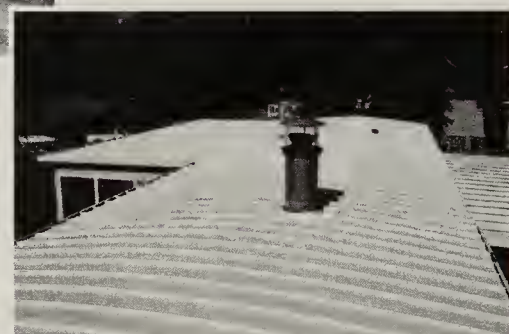
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By Dempsey Essick



Ever since John Essick, son of Dempsey and Shelley Essick, built his first bluebird nest box when he was 8 years old, bluebirds have come to it.

Last year, John's father, the artist Dempsey Essick, issued a limited edition print of his new watercolor "Summer Blues." The picture not only shows 37 honeysuckle blossoms and countless brush strokes that make up the leaves and stems, but it also shows two bees attracted to the honeysuckle nectar and a rebus-like hidden image of a hummingbird (can you find it?).

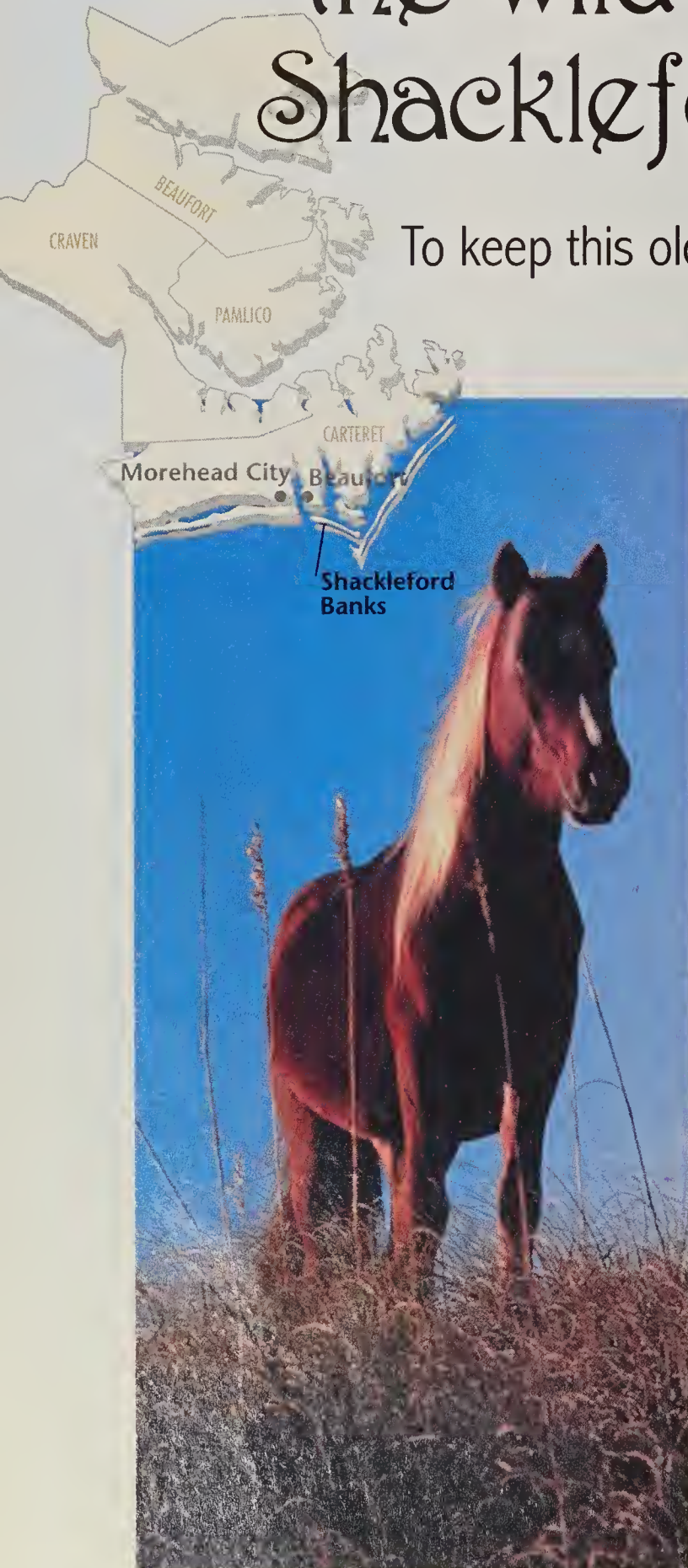
Young John is now a 24-year-old seminary student at Campbell University. Readers who buy a "Summer Blues" print will receive a bonus of a free easel and a photo of young John building a nest box.

Dempsey Essick grew up on a Davidson County tobacco farm. He is a self-taught painter in the realist style who has grown a loyal following throughout the South. The Essick family lives in Welcome and are members of EnergyUnited.

The Essick Gallery is offering 9-by-12 1/2-inch miniature prints of "Summer Blues" to electric cooperative members at \$30 each, which includes shipping. Send orders to The Essick Gallery, P.O. Box 1149, Welcome, NC 27374. The gallery is at 5962 Old Hwy. 52 in Welcome. Phone: (336) 731-3499.

Why do they round up the wild horses on Shackleford Banks?

To keep this old family of horses healthy and happy



Surviving 400 years of fierce hurricanes, scorching summer heat, relentless blood sucking insects and a meager diet of tough marsh grasses, wild horses still roam free on the coast of North Carolina. The largest herd, numbering over 100 horses, can be found on Shackleford Banks, which is part of the Cape Lookout National Seashore.

These particular horses were the center of controversy in 1996, when 74 Shackleford horses were euthanized after they tested positive for equine infectious anemia. EIA is an incurable infectious disease of the blood caused by a virus. It is transmitted from horse to horse by biting insects. It is not a threat to humans. Even if the disease does not kill the horse, the virus stays in the blood as long as the horse lives, making him a carrier of the disease. As a control measure, North Carolina law requires infected horses to be destroyed or quarantined.

State veterinarians declared the 74 Shackleford horses a threat to the domestic equine population of North Carolina. Horse activists argued that since the horses were on an uninhabited island, they were in fact under quarantine and the death sentence was not necessary.

In an attempt to prevent such an occurrence happening again, the Foundation for Shackleford Horses found a friend in Rep. Walter B. Jones Jr., 3rd District Congressman from Farmville. He introduced a bill aimed at protecting the remaining Shackleford horses, and it was signed into law in 1998. The bill says that the horses will be managed by the National Park Service in cooperation with the Foundation. The herd must be maintained at 100 head. It permits the use of adoption and birth control to keep the herd's population under control.

Since then, the Park Service and Foundation have held annual roundups to take a census and collect blood samples for genetic and disease testing. This year the roundup had an additional purpose. With the herd having grown to 130 horses, the adoption and birth control programs were implemented for the first time. Twelve young horses were selected for adoption. Their new owners will go through a careful screening process. The horses and their new homes will be under the scrutiny of the Foundation for Shackleford Horses for a year before final title is transferred.

I participated in the latest roundup last winter, along with about 80 other volunteers, Park personnel and Foundation members. We met at sunrise on the Park's Harkers Island boat dock. After a brief orientation we were shuttled to Shackleford Banks by boat.

Story and photos by Donna Smith



Mare and foal.

The roundup was conducted on foot, with a little help from above. A plane circled over the island, and the pilot communicated with the ground crews by radio. This helped the volunteers stationed near the pens know when the walkers had horses on the move, what direction they were coming from, and how many horses were in the groups.

The pens were situated on the east end of the island. A large group of walkers started at the west end. They fanned out across the island, ocean to sound shore, and began their trek through forest, swamp and sandy dunes.

I was with a small group stationed near the pens. Our job was to "guard" the beach on the soundside, keeping horses

awe-inspiring picture. ATV drivers helped keep the horses moving in the right direction. When horses ran down the beach, we did our duty to turn them away by waving our arms frantically and shouting. That worked on all but one occasion.

A small group of horses decided to detour around a sandbar just off the shoreline. They all circled around the island and back to shore. All except one mare and her foal. Instead of following the others, she led her baby out into the shallow water. All our efforts to get her to go back to land failed. She just went further out and the foal was getting tired. Finally a Park ranger came to the rescue in a boat and herded the two back toward shore. Then we were able to guide them to the pens.

Once the horses were penned they quickly settled into family groups. Troughs were filled with water and hay spread out for them to eat. Except for a few stallions causing a ruckus while they settled disputes over whose mares were whose, the horses seemed very content.

As we departed by boat from our roundup, we congratulated ourselves on a job well done. On the first day, 110 horses were penned, and the remaining 20 were caught the next day in just a few hours. It was all finished without harm to man or beast. And the wild horses of Shackleford Banks will continue to roam free for future generations of North Carolinians to enjoy.

Donna Smith is a writer, a horsewoman, riding instructor and master volunteer with the North Carolina 4-H Horse Program. She lives in Wake Forest and is a member

Did they come from Spanish ships?

The answer is "yes."

The wild horses on Shackleford have long been considered a part of coastal history. Locals have simply accepted the fact that the horses "have always been here."

Historical documentation supports the theory that the horses are descended from those brought to the coast by Spanish explorers in the 16th Century. According to records, Luis Vazquez de ayllon attempted to establish a colony, probably near the mouth of the Cape Fear River, in 1526. Along with men, women and children he brought 90 horses. The colony failed, many died of fever, and the survivors sailed to the West Indies. They left the horses behind. This scenario happened on many occasions. Horses and livestock were left behind, or sometimes they survived shipwrecks and swam ashore. The horses adapted well to their new environment and flourished over the centuries. By the turn of the 20th century they numbered into the thousands.

Residents were not concerned about proving the origin of the horses until the booming development of North Carolina's coastal region threatened their extinction. That is when it became important to affirm these animals as a valuable part of the state's heritage and worth saving. Modern technology came to the rescue in the form of DNA testing. It was then verified that the horses were indeed directly linked to the old Spanish horses of the Iberian Peninsula.

The Shackleford horses in particular show a genetic marker shared only with the Puerto Rican Paso Finos and the isolated Pryor Mountain Mustangs. Experts believe that this blood variant, Q-ac, was contributed by the Spanish horses 400 years ago.

How to see history on hooves

Visitors to Cape Lookout National Seashore can reach Shackleford Banks by private boat or public ferry. The island is about nine miles long and half a mile wide. You are encouraged to watch the horses from a distance. If you get too close they will most likely just move away, but you are also warned that a horse's only defense when cornered, or otherwise threatened, is to kick or bite. Park officials recommend that once you spot a horse or group of horses, you should simply sit still and enjoy seeing "history on hooves."

For more information, contact the Wildlife Biologist at Cape Lookout National Seashore, 131 Charles Street, Harkers Island, NC 28531. Phone: (252) 728-2250. Also, The Foundation for Shackleford Horses, PO Box 841, Beaufort, NC 28516. Phone: (252) 225-1181/ fax (252) 728-6395.

Email: x2f3r3mh@abaco.coastalnet.com. You can also visit their website at www.geocities.com/RainForest/Vines/7183/index.html



Hay for the penned horses.

from going out into the water and around the fence to avoid the pens.

As the walkers swept the island, the horses galloped across the dunes, manes and tails flowing in the wind. It was an

By James Dulley

New bathroom fans offer quieter ventilation

Running a bathroom vent fan is very important for good indoor air quality (moisture, odors, allergies). Even if your bathroom has a window that you can open, running a vent fan for the proper amount of time provides more effective ventilation year-round. Often when you crack open a window, you forget to close it until you use the bathroom again. Although your old bathroom vent fan may sound like it is using a lot of electricity, fan motors are actually fairly low wattage. By removing the excess moisture, especially in the summer when air-conditioning, your electric bills can be reduced overall.

In the winter, the moisture, although it does not increase your heating bills, often causes window condensation that can damage the drywall around the windows. In some instances, the moisture will migrate into the wall cavity and saturate the insulation, reducing its effectiveness. In severe situations, the insulation and wall structural materials can be destroyed.

For the most convenience and efficiency, consider installing a super-quiet combination vent fan/light. The premium models, usually the most decorative and full-featured, are often the most quiet models too. The newest trends are ones with beveled or frosted glass panels with brightly polished metal or real oak wood trim. They look more like decorative ceiling light fixtures because the air vent inlets are hidden in the trim ring.

The key to efficient operation of a bathroom vent fan is knowing how long to leave it on. If you switch it off too soon, the moisture and odors are not completely removed. If you run it too long, it sucks out excessive conditioned indoor air. The best new models take care of this with built-in automatic humidity and/or motion sensors.

The humidity sensor switches on the bath vent fan and runs it only as long as necessary. It quickly clears

excess moisture and then shuts off to save electricity. If the moisture level is not elevated, the motion sensor will switch on the light and the fan for only as long as you are in the bathroom. The combination of the two sensors provides effective control.

A model with a motion sensor and night light is a great plus, especially with children. The 7-watt night light uses very little electricity and often provides adequate brightness to use in the bathroom at night. If you like more light, activate the motion sensor (most have manual override sensor switches) so that the bright light comes on the instant that you enter the bathroom. Some models also offer efficient fluorescent bulbs.

When shopping at your home center store for a bathroom vent fan, most models will look similar. To compare the sound levels, and they vary a lot, check the sound ratings in sones (usually listed on the packaging). Hidden internal features like sound-absorbing scrolls, rubber motor mounts, shape of the air chambers, etc. have a great impact on the sound level.

The quietest small models operate at less than 1.0 sone (the sound level of a quiet whisper). New higher capacity models, rated in cubic feet per minute (cfm) of air flow, are typically somewhat louder, but will still be much quieter than your old one. Any models under 2 sones are considered quiet.

Since the sound level is somewhat a function of cfm capacity, it is important to size the fan properly. Also a properly sized fan will vent the bathroom more effectively. As a rule of thumb, the air flow capacity (cfm) of a bathroom vent fan should be about 10 percent greater than the square footage of the bathroom. For example, a 50 sq. ft.-bathroom needs a 55-cfm vent fan.

Another option to consider for your bathroom is a remote in-line vent fan. The fan motor is located far up inside the attic with a duct running down to an attractive ceiling air inlet fixture. It looks like an ordinary ceiling fan from inside the bathroom. Since the fan motor is mounted in the attic instead of the ceiling, you barely hear it run in the bathroom.

You can use a single powerful remote vent fan to ventilate two bathrooms with a "Y" duct fitting and separate ducts to each bathroom ceiling. Another effective option for one bathroom is to install two air inlets — one over the lavatory and one in the shower.

Write for (or instantly download at www.dulley.com) Utility Bills Update No. 427 - buyer's guide of 12 quiet bathroom vent fan/lights, cfm air flows, sone sound levels, wattages, features and a sizing chart. Please include \$3.00 and a business-size SASE. Send to James Dulley, c/o Carolina Country, P.O. Box 54987, Cincinnati, OH 45254.

James Dulley is a syndicated columnist for NRECA.

New full-featured bath vent fans are quiet



Decorative vent fan/light with easy-to-install kit



Complete remote bath vent fan kit

Macular Degeneration

The VideoEye® power magnification system combines simplicity and versatility to help people with low vision continue reading and doing everyday tasks.

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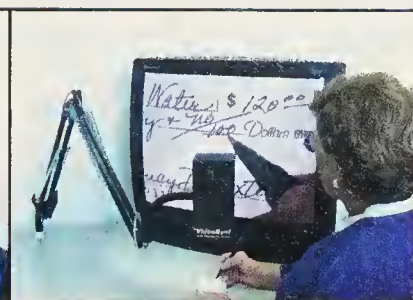


Knitting, handwork

Mirror



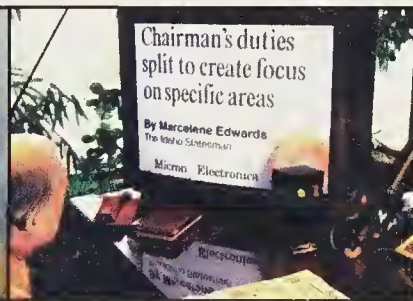
Prescription bottles



Writing checks

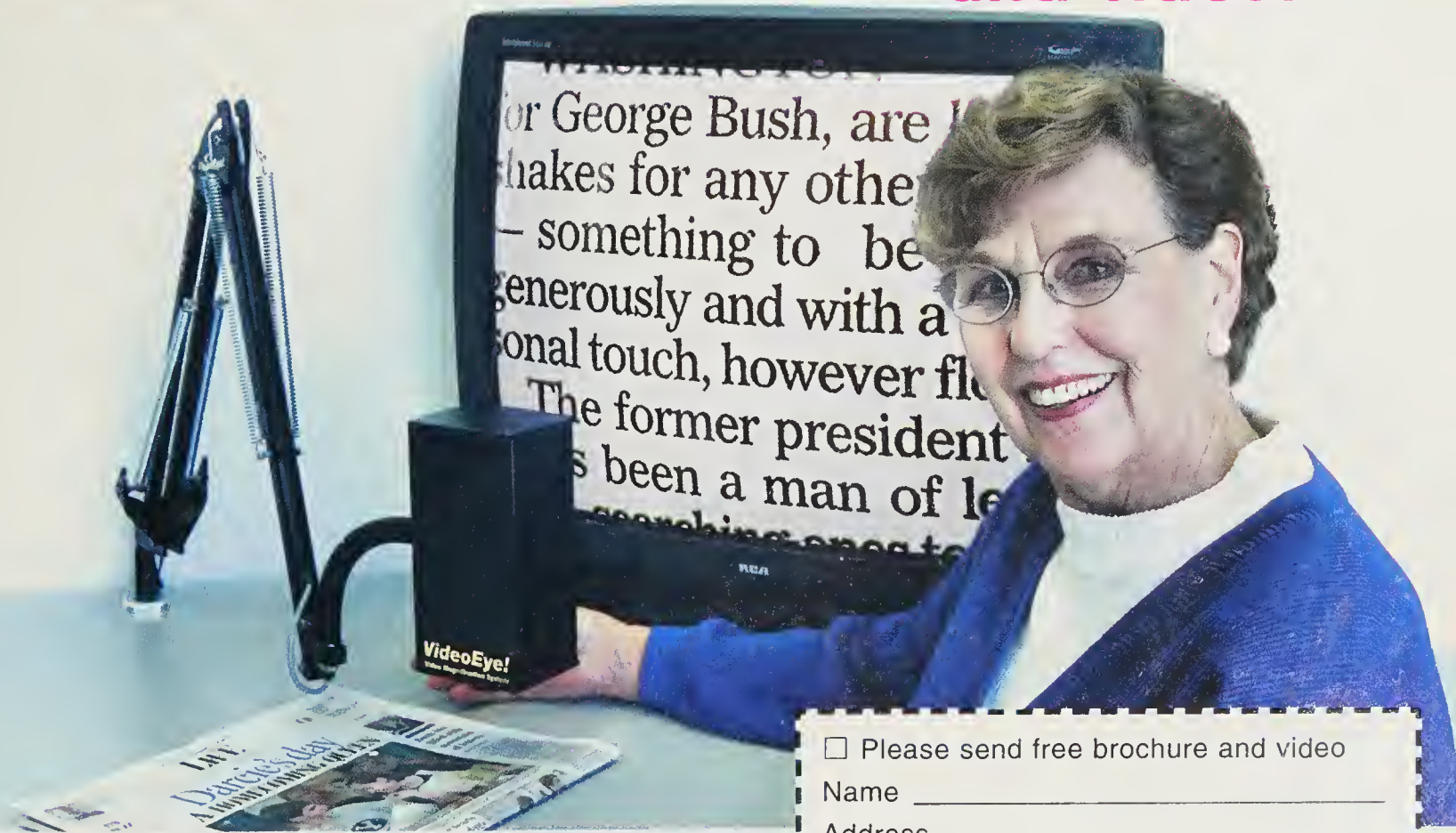


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MOUNTAINS

"Horn in the West"

Through Aug. 12, Boone
Outdoor drama, (828) 264-2120

Shadow of the Hills

Through Aug. 12, West Jefferson
Art exhibit, Ashe County Arts
Council, (336) 246-ARTS

Southern Highland Craft Guild

Through Aug. 20, Asheville
Celebrating 70 years, Folk Art
Center, (828) 298-7928

Dream Basket Exhibit

May 27-Aug. 20, Asheville
Folk Art Center, (828) 298-7928,
www.southernhighlandguild.org

Bald Eagle Exhibit

June 17-Sept. 10, Asheville
Folk Art Center, (828) 298-7928,
www.southernhighlandguild.org

Flora and Fauna Imagery in Craft

Through Sept. 10, Asheville
Folk Art Center, (828) 298-7928

Jason Roberts Rodeo

June 30-July 1, Old Fort
\$5-9, (828) 668-3110

Love Valley Rodeo

June 30-July 1, Love Valley
(704) 592-7451

Christmas in July Festival

June 30-July 2, West Jefferson
(336) 246-5855

The Primitive Quartets Gospel Music Festival

June 30-July 5, Candler
Homing Valley Music Park,
(828) 667-8502

Mountaineer Auto Show & Flea Market

June 30-July 3, Maggie Valley
Hwy. 276N, 8 a.m.-5 p.m., \$3,
(828) 452-2317

Fine Art & Craftwork

July 1-Aug. 31, Balsam
Art exhibit and sale, Balsam
Mountain Inn, free, 10 a.m.-9 p.m.,
(828) 452-4864

Food, Music, &

Fireworks on the Beach

July 1, Lake Lure
1-9 pm, (828) 625-8877,
www.lakelure.com

Freedom Arts and Crafts Festival

July 1-2, Lake Junaluska
Haywood County Fairgrounds/Ag
Center, free, (828) 627-0356

Equestrian Show

July 1, Marion
McDowell Saddle and Bridle Club
Show Grounds, \$2, 6 p.m.,
(828) 738-3738

Mid Atlantic East Coast Rodeo

July 1, Love Valley
Love Valley Arena, 8 p.m.,
(704) 592-7451,
www.lovevalley.com

Bakersville Fourth of July

July 1, Bakersville
Music, fireworks, food, yard sale,
(828) 688-9333

Thermal City Common Dig

July 1-2, Thermal City
Thermal City Gold Mine,
(828) 286-3016

Fireworks Cruise

July 1 & 4, Lake Lure
Reservations required, 9 p.m.,
(828) 625-0077, www.lakelure.com

Patriotic Pops!

July 2, Brevard
Musical salute to Independence Day,
Brevard Music Center,
(828) 884-2019

Southern Gospel Concert and Fireworks Display

July 2-3, Union Grove
VanHoy Family Farms
Campground, call for tickets,
(704) 539-5493

Red, White and Blue Review Concert

July 3-4, Lake Junaluska
Stuart Auditorium, \$10, 8 p.m.,
(828) 452-2881

Fourth of July Celebration

July 4, Marion
Evening parade down Main Street,
(828) 652-3551

Parade

July 4, Lake Junaluska
Mountain music, clogging, crafts,
Lakeshore Drive, 11 a.m.-3 p.m.,
(828) 452-2881

Stars & Stripes Celebration

July 4, Waynesville
Sidewalk sales, entertainment,
refreshments, Main Street, 11 a.m.-
3 p.m., (828) 456-3517

Fourth of July Celebration

July 4, Old Fort
Afternoon parade down Main Street,
(828) 668-4244

Fourth of July Celebration

July 4, Burnsville
Crafts, food, games, Burnsville
Square, 10 a.m.-6 p.m.,
(828) 682-7215,
<http://main.nc.us/TRAC>

Lucky Strike Mine Celebration

July 4, Marion
Lucky Strike Gold Mine, \$3, call for
reservations, (828) 738-4893

Horn in the West – Traditional 4th of July

July 4, Boone
(828) 264-2120

Pig Roast

July 4, Beech Mountain
(828) 972-2183

July 4th Celebration on the Riverwalk

July 4, Newland
(828) 972-2183

Fourth of July Concert & Fireworks

July 4, Belmont
Daniel Stowe Botanical Garden,
\$10/car, concert starts at 8 p.m.,
(704) 825-4490

Highland Games

July 6-9, Linville
McRae Meadows, (828) 972-2183

Classical Concert

July 7, Brevard
Piano and symphony orchestra
concert, Brevard Music Center,
(828) 884-2019

"The Sound of Music"

July 7-23, Waynesville
Musical, Performing Arts Center,
\$8-15, (828) 456-6322

"The Gondoliers"

July 8, Brevard
Musical, Brevard Music Center,
7:30 p.m., (828) 884-2019

Leaping Lizards

July 8, Lake James State Park
Discussion on types of lizards,
10 a.m., free, (828) 652-5047

Flutterby, Butterfly

July 8, Belmont
Daniel Stowe Botanical Garden,
9 a.m.-2 p.m., free with admission,
(704) 825-4490

Full Moon Ensemble

July 8, West Jefferson
Music of Scotland, Ireland, America,
Ashe Civic Center, \$10, 7:30 p.m.,
(336) 246-4483

Arts & Crafts Festival

July 8-9, Maggie Valley
Entertainment, crafters, food,
Community Center, 9 a.m.-4 p.m.,
(828) 926-8021

Happy Trails Week

July 8-16, Pisgah National Forest
Guided hikes, orienteering, llama
treks, fishing, Cradle of Forestry,
(828) 877-3130

BMC Festival Orchestra Concert

July 9, Brevard
Featuring pianist Lorin Hollander,
Brevard Music Center, 3 p.m.,
(828) 884-2019

Youth Orchestra

July 10, Brevard
Brevard Music Center, 8 p.m.,
(828) 884-2019

Concert

July 11, Brevard
Symphonic band and wind ensem-
ble, Brevard Music Center, 8 p.m.,
(828) 884-2019

Gershwin Pops!

July 14, Brevard
Gershwin favorites, Brevard Music
Center, 7:30 p.m., (828) 884-2019

Doc Watson Music Fest

July 14-15, Sugar Grove
Old Cove Creek School,
(828) 297-2200, www.covecreek.net

Banner Elk Fine Art Festival

July 14-16, Banner Elk
(828) 972-2183

Art in the Park

July 15, Blowing Rock
Juried art and craft show, American
Legions Grounds, 10 a.m.-5 p.m.,
free, (828) 295-7851

Be a Tree Sleuth

July 15, Pisgah Forest
Pisgah Center for Wildlife
Education, 9 a.m.-12 p.m., free,
(828) 877-4423

Miniature Horse Race

July 15, Taylorsville
Bryant Farm, 7 p.m., free,
(828) 632-3043

Predators from the Park

July 15, Lake James State Park
Discussion on predators, short hike,
10 a.m., free, (828) 652-5047

Festival Orchestra and Opera

July 15, Brevard
Brevard Music Center, 7:30 p.m.,
(828) 884-2019

Thomas Wolfe Centennial Kickoff

July 15, Asheville
Thomas Wolfe Memorial, 7 p.m.,
(828) 253-8304

Off the Beaten Path

July 15, Chimney Rock
Guided hike, Chimney Rock Park,
9 a.m.-3 p.m., \$25,
(800) 277-9611

Trail Ride

July 15, Love Valley
Love Valley Arena, 9 a.m.,
(704) 592-2243,
www.lovevalley.com

Antique Tractor Pull/Engine Show/Flea Market

July 15, Sparta
(336) 372-2789

Tall Tales, Mountain Yarns and Railroad Lore

July 15, Spruce Pine
Storytelling festival, 10 a.m.-4 p.m.,
\$8, (828) 682-7215,
<http://main.nc.us/TRAC>

Cowboys for Christ Sing

July 15, Love Valley
Love Valley Arena, 6 p.m.,
(704) 592-2243,
www.lovevalley.com

"Books are Fun" for Everyone

July 15-16, Chimney Rock
Chimney Rock Park, 10 a.m.-
4 p.m., (800) 277-9611

Full Moon Cruise

July 16, Lake Lure
Reservations required, 9:30 p.m.,
(828) 625-0077, www.lakelure.com

Gospel Sing

July 16, Love Valley
Love Valley Arena, 2 p.m.,
(704) 592-7451,
www.lovevalley.com

Symphony Orchestra

July 16, Brevard
Brevard Music Center, 3 p.m.,
(828) 884-2019

Tom and Dick Smothers

July 18, Brevard
Comedy, Brevard Music Center,
8 p.m., (828) 884-2019

Folkmoot USA

July 18-30, throughout
Haywood County
International Festival, \$8-16,
(828) 452-2997,
www.folkmoot.com

"Brigadoon"

July 20 & 22, Brevard
Musical, Brevard Music Center,
7:30 p.m., (828) 884-2019

Craft Fair

July 20-23, Asheville
Asheville Civic Center, 10 a.m.-
6 p.m., \$5, (828) 298-7928,
www.southernhighlandguild.org

Symphony Orchestra Concert

July 21, Brevard
Featuring violinist Andres Cardenes,
Brevard Music Center, 7:30 p.m.,
(828) 884-2019

Alleghany County Fiddlers Convention

July 21-22, Sparta
(336) 372-2033

Snakes Alive

July 22, Lake James State Park
Discussion on snakes, 10 a.m., free,
(828) 652-5047

Shakespearean Children's Pageant

July 23, Asheville
Wolfe Memorial, 2 p.m.,
(828) 253-8304

Peter Schickele and PDQ Bach

July 23, Brevard
Comedy-music, Brevard Music
Center, spoofs on classical music,
3 p.m., (828) 884-2019

Symphony Orchestra Concert

July 28, Brevard
Brevard Music Center, 7:30 p.m.,
(828) 884-2019

Tour of Homes at

St. Mary of the Hills

July 28, Blowing Rock
Begins at St. Mary of the Hills
Episcopal Church, 9 a.m.-3 p.m.,
\$20, (828) 295-7323

High Country Crank-Up

July 28-29, Boone
Antique engine show, High County
Fairgrounds, \$3, (828) 264-4977

On-The-Square Arts & Crafts Festival

July 28-29, Newland
Avery Square, free, (828) 898-8755

Annual Specialty Vehicle Show

July 29, Sparta
New River Shrine Club, 8 a.m.-
5 p.m., (336) 372-4928

Art on the Square

July 29, Newland
(828) 972-2183

"Aida"

July 29, Brevard
Opera, Brevard Music Center,
7:30 p.m., (828) 884-2019

Summer Music

July 31- Aug. 5, Blowing Rock
Chamber music festival,
(828) 295-3505

PIEDMONT

Jazz: An American Music

Through July 30, Winston-Salem
Exhibit, Reynolda House,
(336) 725-5325

NASA: The Tar Heel Connection

Through Aug. 12, Oxford
Granville County Museum,
(919) 693-9706

How Things Work

Through Aug. 31, Durham
Interactive exhibit, Museum of Life
and Science, (919) 220-5429

"Pathway to Freedom"

June 28-August 11, Snow Camp
Call for dates and times, Snow
Camp Outdoor Theatre,
(336) 376-6948

"The Sword of Peace"

Through August 12, Snow Camp
Call for dates and times, Snow
Camp Outdoor Theatre,
(336) 376-6948

Professional Rodeo

June 30-July 1, Woodleaf
Circle T Ranch Arena,
(704) 278-2069

Southeast Old Threshers' Reunion

June 30-July 4, Denton
Denton FarmPark, (336) 859-2755,
www threshers.com/farmpark

The Comedy All Stars

July 1, Fayetteville
Cumberland County Coliseum
Complex Auditorium, 8 p.m.,
\$25-32, (910) 323-5088

Independence Day Celebration

July 4, Mount Airy
Veterans Memorial Park, 6 p.m.,
(336) 786-6116

July Fourth Celebration

July 4, Winston-Salem
Salem Square, 9 a.m.-7 pm,
procession 9 p.m.,
(336) 721-7300, www.oldsalem.org

Civil War Youth Days

July 8, Waxhaw
Ages 10-17, Museum of Waxhaws,
(704) 843-1832

Mexican-American War

July 8, Pineville
Polk Memorial, (704) 889-7145

Blueberry Day

July 14, Colfax
Piedmont Triad Farmers Market,
11 a.m.-2 p.m., (336) 605-9157

Fayetteville After 5 Concert Series

July 20, Fayetteville
Fayetteville Museum of Art, 5:30-
8:30 p.m., free, (910) 485-5121,
www.fmoa.org

Christmas in July

July 21-23, Mount Airy
Mayberry Mall, (336) 786-1005

WKFT Health Fair

July 22, Fayetteville
Cumberland County Coliseum
Complex Expo Center, 9 a.m.-
5 p.m., free (910) 323-5088

Merchandise Sale

July 28-30, Fayetteville
Cumberland County Coliseum
Complex, (910) 323-5088

"Anastasia"

July 28-29, Raleigh
Theater in the Park, 8 p.m., \$10-15,
(919) 831-6058,
www.tip.dreamhost.com

Mayberry USA Rally

July 28-30, Mount Airy
Motorcycle show, Veterans
Memorial Park, (336) 545-9210

Tobacco Harvest Festival

July 29, Durham
Duke Homestead, (919) 477-5498

COAST

"Worthy is the Lamb"

Mid-June-Mid-Sept., Morehead City
Outdoor drama, Crystal Coast
Amphitheater, (800) 662-5960

"Ocracoke Island, 1955"

Through Nov. 26, Ocracoke
Photo exhibit, Ocracoke
Preservation Society Museum,
(252) 928-7375

African-American Builders & Architects in NC: 1730-1865

Through Dec. 31, Elizabeth City
Exhibit, Museum of the Albemarle,
free, (252) 335-1453

Cape Fear Shakespeare Festival

Through-July 1, Wilmington
Greenfield Lake Amphitheater, free,
(910) 251-9457

Arts & Crafts Summer Show

July 1-2, Beaufort
Beaufort Historic Site,
(252) 726-3354

Battleship Blast: A Fireworks Extravaganza

July 4, Wilmington
Riverfront, (910) 251-5797

Independence Day Celebration

July 4, Wilmington
Wilmington National Cemetery,
(910) 763-3702

Independence Day Celebration

July 4, New Bern
Tryon Palace, (252) 514-4937

Fourth of July Fireworks

July 4, Morehead City, Emerald Isle,
Atlantic Beach and Swansboro
(252) 726-8148

Arts & Craft Guild's

July 5 & 6, Rodanthe
Rodanthe Community Building,
free, 10 a.m.-4 p.m.,
(252) 995-4656

"Peter Pan"

July 5-9, 14-16, 21-23, 28-30,
Wilmington
Musical, Thalian Hall Main Stage,
8 p.m., (910) 343-3664

Jazz n' Blues Festival 2000

July 7-8, Morehead City
Crystal Coast Civic Center,
(252) 247-7778

Gardening with Kids

July 8, New Bern
Tryon Palace Auditorium, 10 a.m.,
\$4, (252) 514-4937

Military Show

July 8-9, Wilmington
Elks Lodge, (704) 282-1339,
www.thecarolinatrader.com

"Basket of Summer"

July 15, Wilmington
Poplar Grove Plantation,
(910) 686-9518

Dinner Theater Show

July 15, Rose Hill
Duplin Winery, 6:30 p.m.,
\$30.50/person, (800) 774-9634

NC Maritime Museum

July 15, Beaufort
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Pirates on the Pungo 2nd Annual Sailboat and Dinghy Regatta

July 15, Belhaven
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"Godspell"

July 16-18, 23-25, Wilmington
Musical, Thalian Hall Main Stage,
8 p.m., (910) 343-3664

Cape Fear Blues Festival

July 27-30, Wilmington
Various venues, (910) 350-8822

Bogue Sound Kayak Festival

July 29-30, Indian Beach
Island Rigs, (252) 247-7787

Deadline for September July 23

A phone number must be included with
event listings in order to be published.

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Compiled by Renee Gannon

North Carolina historic and research maps available

Carolina Maps by Mail is the exclusive publisher of the G.P. Stout Historical Research Maps of North Carolina collection. The Stout collection includes more than 3,500 maps of N.C. history. Stout also plotted every major landmark on a scaled map county by county. The detailed maps include old townships, post offices, churches and cemeteries, ferry sites and even old gristmills.

Other maps of the state, as well as the rest of the United States, are also available. Maps range in size from 36 by 24 inches to 48 by 36 inches, and come packaged in heavy cardboard tubes. Prices vary from \$16 to \$33. For more information, call (704) 365-9857, or write to: Carolina Maps by Mail, 1101 Tuxedo Ct., Charlotte, NC 28211.

Protecting kids while they surf the 'Net

When kids surf the Internet, shop, chat and study online, they share personal information with the Web sites they visit. In an effort to put parents in charge of their kids' information, the Federal Trade Commission (FTC) established new rules for Web site operators. The FTC also made available to parents a publication, "How to Protect Kids' Privacy Online," that describes some of the things parents should look for from the sites their kids visit and Web sites' responsibilities under the Children's Online Privacy Protection Rule.

According to the new rules, Web site operators must post their privacy policy, get parental consent, get new consent when information practices change in a "material" way, allow parents to review personal information collected from their children and allow parents to revoke their consent, and delete information collected from their children at the parents' request.

Parents should look for a privacy policy on any Web site directed to children, decide whether to give consent, decide whether to approve information collection from their kids based on new uses for the information, ask to see the information their child has submitted and understand that the parents may revoke their consent at any time and have their child's information deleted.

For more information about the new Web site rules, visit the FTC online at www.ftc.gov/bcp/conline/pubs/buspubs/coppa.htm, or call the FTC for a copy of the rules publication toll-free at (877) FTC-HELP (382-4357).

N.C. Outward Bound offers mountain bike expedition

An 8-day Mountain Biking Expedition in the Southern Appalachian Mountains includes biking skills instruction for ascending, descending, riding over objects, dismounting, remounting, single-track passing, fast cornering, expeditionary riding, general bike maintenance and IMBA Rules of the Trail. A 14-day Mountain Biking and Rock Climbing Expedition provides additional instruction in bouldering, belay techniques, knot tying, multi-pitch rock climbing and rappelling.

N.C. Outward Bound's expeditions offer instructions in wilderness safety, Leave No Trace camping, navigation, water purification and hydration, first aid, rescue preparedness, nutrition, food planning and preparation, lightning safety and more. The organization tries to serve beginner to advanced bikers by splitting students into different skill groups and tackling a variety of challenging trails. Participants must be comfortable riding for at least two hours non-stop and have experience riding single-track trails on a mountain bike before beginning a course.

For more information, call toll-free (877) 776-2627, e-mail challenge@ncobs.org or visit the Web site www.ncobs.org/biking.html.



North Carolina Outward Bound

Cooking tips for those caught fish

"The Fisherman's Wife" is a cookbook and recipe guide for fishermen and their spouses. The book, written by North Carolina author and angler Jeffrey Weeks, contains cooking tips for the most popular fish caught in the United States, including flounder, striped bass, large-mouth bass, bluefish, crappie catfish, speckled trout, red and black drum, rainbow trout and more. The more than 40 recipes range from Cape Cod Baked Bluefish to Maple Syrup Brook Trout and Cobia Head Chowder.

The cookbook can be ordered by mailing a check for \$7 to Jeffrey Weeks, P.O. Box 1679, Carthage, NC 28327. For \$12, you can receive autographed copies of both the cookbook and "Surf and Inshore Saltwater Fishing in the Carolinas." For more information, call (910) 948-2228, or visit the Web site www.surfandsalt.com.



Fort Fisher Historic Site reopens Visitor Center

After being closed for extensive renovations, the Visitors Center at the Fort Fisher State Historic Site in Kure Beach re-opened in May. The renovations upgraded the facility, including handicapped access. The exhibit area has been redone and new exhibits are scheduled at a later date. The oceanfront portion of the site is still closed while the revetment project to reinforce the shoreline fortification continues. Guided tours of the rest of the site are available. Tours begin at the visitors' center.

Fort Fisher was the largest earthworks fort in the South. Under the command of Col. William Lamb, the fort defended the river route to Wilmington, allowing Confederate blockade runners to slip past the Union Navy. The fort was captured in January 1865.

The site's summer schedule is 9 a.m.-5 p.m., Monday-Saturday, and 1-5 p.m. Sundays. For more information, call (910) 458-5538.

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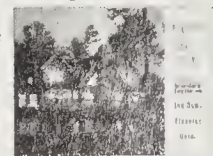
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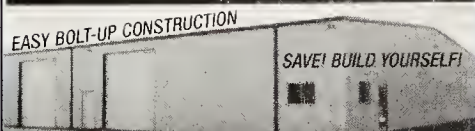
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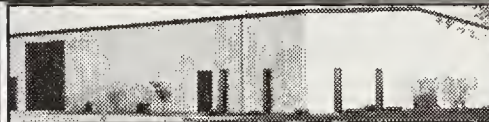
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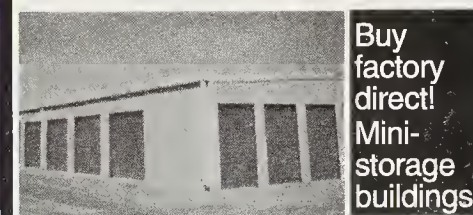


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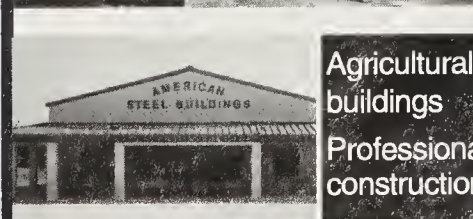
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MATCHBOXES

Given $I=6$, find two words in the answer to this division problem.

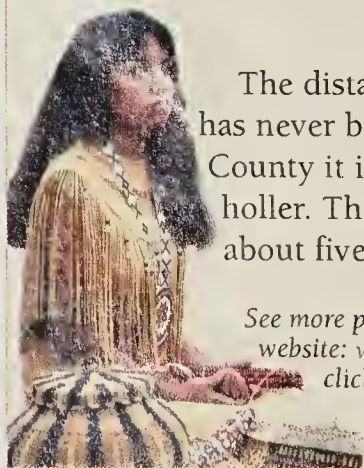
E	D	V	N	E	O	N	Q	U	E	C	O	R
7	3	9	2	7	4	2	8	5	7	1	4	0

N
2

Southern Exposure

Many Cherokee Indians still live in the town of Pembroke in Robeson County. In 1790 the first census of the town showed names which were the same as 54 of the 95 names of members of Sir Walter Raleigh's famed Lost Colony. In 1729 when French colonists first entered what is now Robeson County, they found a large tribe of Indians who lived in well-planned towns, owned slaves, practiced many arts of civilization, and spoke English.

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See more puzzles at the Carolina Country website: www.carolinacountry.com and click the Mindbenders section.



Draw a square around any group of 9 dates on this calendar. Add 8 to the date in the upper left corner of your square and multiply the result by 9. Your answer will equal the sum of the 9 dates within the square. Go figure.

July 2000

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

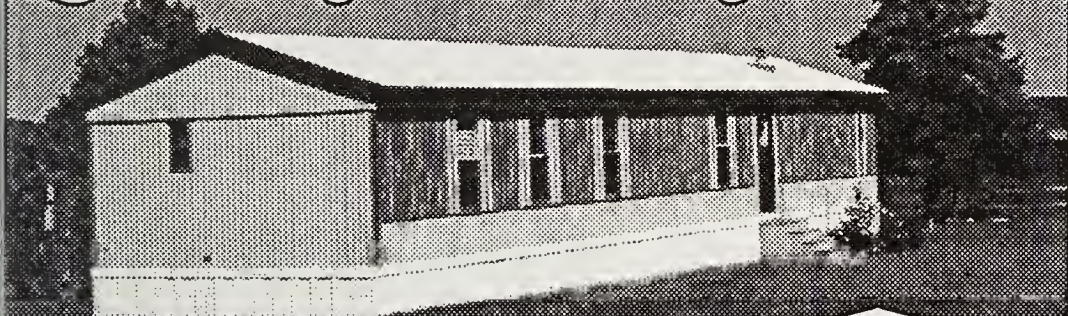
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Answers on page 37

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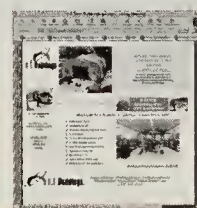
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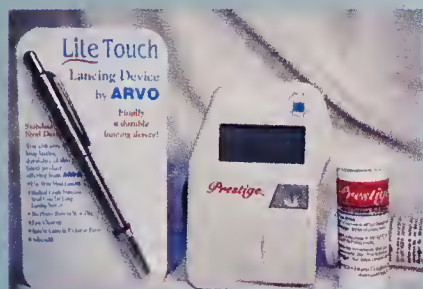
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Personal computing advice
By Reid Goldsmith

Keeping hackers away with personal firewalls

On any given day hackers try to breach my Internet-connected computers a half dozen or more times, looking for a "server" to use to launch attacks against others or trying to plant "trojan" or "zombie" programs on my PCs to take control of them.

I'm not alone. If you have a full-time Internet connection, you're probably being probed continually as well. The media has had its hands full lately reporting high-profile computer break-ins. You'd think we were in the midst of an all-out info-war.

The fact is, hacking, or "cracking" according to the purists, has been around nearly as long as computers. "I cracked it because it was there" could well be a slogan describing the mindset of a typical hacker, often a bright, bored young man with too much time on his hands and too few scruples about what to do with it.

Hacking, however, has become more of a problem lately, for several reasons.

First, sophisticated hacking tools are more widely available. Second, hackers as a rule hate what they regard as oppressive authority, which is epitomized in their minds by Microsoft, and Microsoft's increasingly visible products are being attacked with a vengeance.

And third, with the growing popularity of cable and DSL modems, which unlike older modems keep you connected to the Internet as long as your computer is turned on, more people than ever are hacker targets.

What to do, besides pulling the plug and returning to typewriters and calculators?

First, as with computer viruses, hard disk crashes, and other potential disasters, keep things in perspective. You can make yourself nuts worrying about all this. Forbes magazine recently reported that a NASA security expert became obsessed with stopping one group of hackers to the extent that it may have destroyed his marriage.

The truth is that computer use, as with the rest of life, isn't risk-free, and any quest to create a risk-free PC, network, company or society is self-defeating. You can't stop all the bad stuff. But what you can, and should, do is reasonably minimize the risks.

Large organizations have long taken extensive security precautions, relying on experts. These days, smaller businesses and individuals are having to bone up on security and take precautions themselves, often without hired help. The solution here, for many, is a software program called a personal firewall.

Personal firewalls work in two ways. First, they block unauthorized attempts to reach and then damage or take control of

your system. Second, if your system has been breached, they block attempts to send information back to the hacker or to others.

"Personal firewalls are almost required at this point, especially with people with high-speed connections to the Net," says Winn Schwartau, a computer security consultant and author of the new and very readable book "Cybershock: Surviving Hackers, Phreakers, Identity Thieves, Internet Terrorists and Weapons of Mass Destruction."

For a few weeks now I've used both a cable and DSL connection to test the three personal firewalls that are getting the most attention, Norton Internet Security 2000, McAfee.com Personal Firewall, and ZoneAlarm. (I didn't test BlackICE Defender, which is also being talked about a lot, because it's more of an intrusion-detection system than a full-fledged firewall.)

Norton Internet Security 2000 (<http://www.symantec.com/nis>) is the most comprehensive, and at \$60 for one year, the most expensive. But it offers good value. Along with a firewall it includes tools for preventing virus attacks, barring access to porn sites, eliminating Web banner ads, and blocking "cookies" that some sites place on your hard disk.

It's easy to set up, though as with all firewall products, you have to delve into the program to make the best use of it.

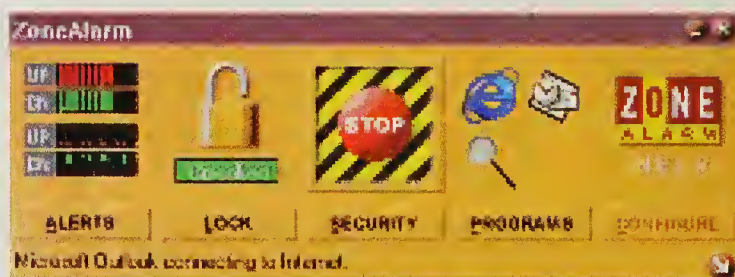
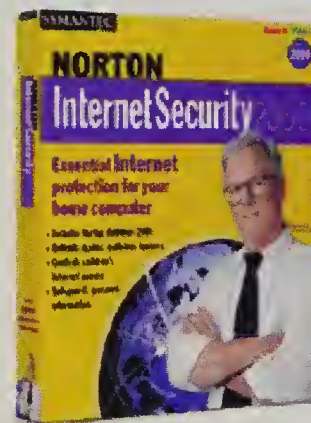
I found McAfee.com Personal Firewall (<http://www.mcafee.com>) too complex, and according to the experts I talked with, it doesn't adequately protect against hackers who replace programs on your hard disk with trojan programs having the same name. It costs \$40 for a one-year subscription.

ZoneAlarm (<http://www.zonelabs.com>) is generating the most excitement and only in part because of its price — free for individuals and \$20 per year for businesses. It's easy to set up and surprisingly sophisticated. One tool lets you automatically block any incoming and outgoing traffic when your screensaver kicks in.

Another lets you create different settings for a corporate intranet.

One final tip: Keep up with latest security bug fixes for your programs by using

their update feature, visiting their Web site, or subscribing to a service such as McAfee.com Clinic (<http://www.mcafee.com>) or Norton Web Services (<http://www.nortonweb.com>).

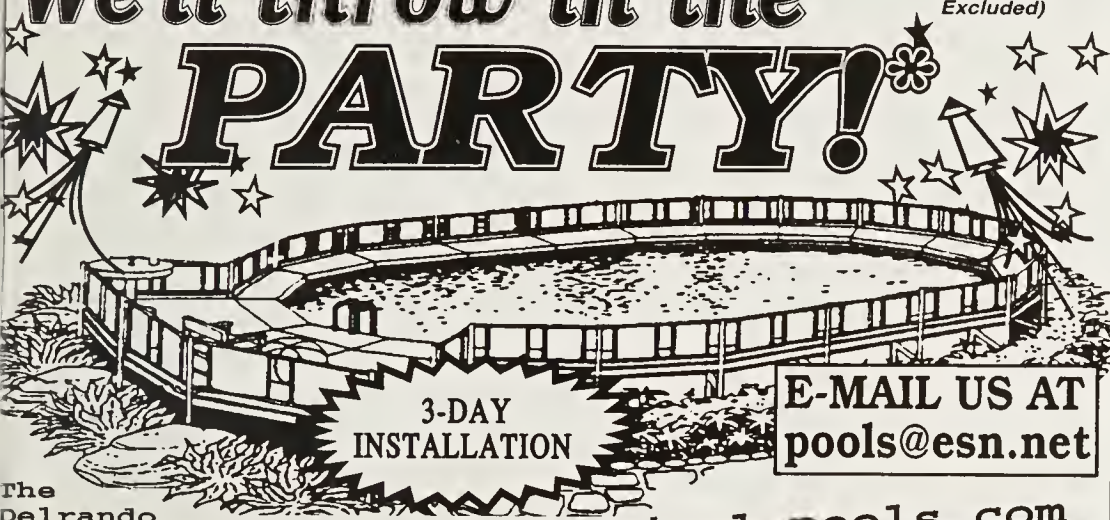


Reid Goldsborough is a syndicated columnist and author of the book "Straight Talk About the Information Superhighway." He can be reached at reidgold@netaxs.com or <http://members.home.net/reidgold>.

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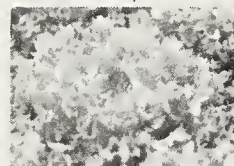
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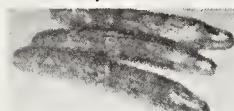
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By Hank Smith

Hort Shorts

1. Green beans are a good temporary ground cover, easy to eliminate when a permanent use of soil takes place. They also enrich the soil.
2. Butterfly shrub (buddleia) is difficult to successfully transplant. The best bet is to do root cuttings.
3. Heavily compacted soil is easiest aerated with the mechanical device that looks a bit like a lawn roller with hollow tubes attached.
4. Divide and replant crowded clumps of bearded (German) iris. Separate rhizomes with a sharp knife.
5. Sow seed of flowering annuals such as alyssum, nicotiana, zinnia, balsam, cosmos, annual phlox, marigold and tithonia for late summer and autumn bloom.
6. Cultivate frequently to remove weed seedlings before they become established.
7. Prune hardy climbing roses now that they have finished blooming.
8. Where grass refuses to grow and thrive, start permanent ground cover with liriopoe or English ivy.
9. Root cuttings of camellia, azalea and holly species.
10. In areas of established ground covers, punch a series of holes over the beds to carry water down to the roots.
11. Apply heavy mulch to shrubs during hot, dry days of summer.
12. Newspapers, 8 or 10 sheets in thickness, make good mulch for the vegetable garden. Moisten soil well before placing papers. Sprinkle papers often to preserve moisture. This also aids in preventing germination of weed seeds.

Summer is the time to decide where shade trees are needed — those to be planted in autumn and winter. It's now that you can observe where shade is needed on buildings and outdoor living areas

If you haven't made root cuttings yet, do it this month for camellias, azaleas and hollies. Roses respond to a feeding this month. Hot summer sunshine often causes inferior blooms. Clip off flowers to force energy into producing superior autumn blooms. Houseplants over-summering outdoors with pots plunged in the soil should be turned every three or four weeks to break roots that have grown through drainage holes in the pots. Feed shrubs their last fertilization before mid-August. New growth will harden off before winter arrives.

Starting perennials

Many perennials can be started from seed planted now. By planting pansy seed now, you may have blooms before Christmas. Other perennials to plant now for blooms next year include foxglove, hollyhock, Shasta daisy, gailardia and delphinium. It helps hasten germination to precool seed of snapdragon, pansy and delphinium. Place seed in the refrigerator vegetable crisper for a week. Perennials that have become crowded can be dug-divided-reset.

Vegetables

Most feeder roots are in the top 4 to 6 inches of soil. Don't cultivate too deeply as deep tillage cuts these, resulting in lower yields. Cultivating two inches is deep enough. Most vegetables, especially tomatoes, cucumbers and beans, are severely damaged by insects and disease. Control with an all-purpose insecticide-fungicide. When using weed-killers on lawns and nearby plantings, avoid spraying near the vegetable garden. Always apply on a still day to prevent spray drift. Clean out spring crop residue, even if you don't intend on planting another crop soon.

Philodendron and Pothos

Popular vines for houseplants, these are easily grown. Both root in water. After several months of growth, spacing between leaves becomes longer and leggy. Clip shoots and root. Both vines are adapted to growth in shady areas of rooms, as well as in windows. They lend a decorative accent when trained on wire to frame a window or doorway. Both are easily trained on moss sticks or bits of tree bark for support. There are several species of philodendron, producing leaves that are heart-shaped, fiddle-shaped, pointed and oval. Pothos (*Scindapsus aurea*) has species producing leaves that vary from copper color with small pink dots, ivory colored with variegated centers, silvery centered, white midrib and those with white veins. New forms are being introduced from time to time. Give both vines rich potting soil and moderate watering.

Gardenia

Bespeaking of centuries of Southern gardens, fragrance of waxy gardenias has become a family



keepsake. There are several species bearing blooms of identical scent. Most produce white flowers, a few bloom yellow. Cape jasmine is a common name for one

that produces a somewhat small flower. Variety *radicans* is a dwarf selection, with height of only 23-28 inches. It spreads about three feet. This variety blooms for a longer period than its 4-to-6-foot tall cousins. Since the gardenia is somewhat tender, it thrives best in a protected location in sun or partial shade. Rich loamy soil is best. It's a choice plant for patio or deck. The container-grown plant can be moved for winter protection. Fragrances of gardenias, Southern magnolias and full-blown roses are the benchmark of Southern gardens. The gardenia was named for the 18th century American botanist A. Garden.

Question and answer

Q: We have a few African violets with unusual markings on the leaves. The contrasting leaf color tends to fade with age. Is there anything we can do to help retain these beautiful leaf markings?

A: Growing plants at a cool temperature often helps. Special 5-50-17 fertilizer aids plants in keeping colorful leaf markings.

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Joyner's Corner Answers

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Looking for a summer dessert that's refreshingly cool and picture-pretty too?

White Chocolate Fruit Tart

3/4 cup butter, softened
1/2 cup confectioners' sugar
1-1/2 cups all-purpose flour

Filling:

1 package (10 ounces) vanilla baking chips, melted
1/4 cup whipping cream
1 package (8 ounces) cream cheese, softened
1 can (20 ounces) pineapple chunks, undrained
1 pint fresh strawberries, sliced
1 can (11 ounces) mandarin oranges, drained
2 kiwifruit, peeled and sliced

Glaze:

3 tablespoons sugar
2 teaspoons cornstarch
1/2 teaspoon lemon juice



In a mixing bowl, cream butter and sugar. Gradually add flour; mix well. Press into an ungreased 11-inch tart pan or 12-inch pizza pan with sides. Bake at 300 degrees for 25-30 minutes or until lightly browned. Cool. In a mixing bowl, beat chips and cream. Add cream cheese and beat until smooth. Spread over crust. Chill for 30 minutes. Drain pineapple, reserving 1/2 cup juice; set juice aside. Arrange strawberries, pineapple, oranges and kiwi over filling. In a saucepan, combine sugar, cornstarch, lemon juice and reserved pineapple juice; bring to a boil over medium heat. Boil for 2 minutes or until thickened, stirring constantly. Cool; brush over fruit. Chill 1 hour before serving. Store in the refrigerator. Yield: 12-16 servings.

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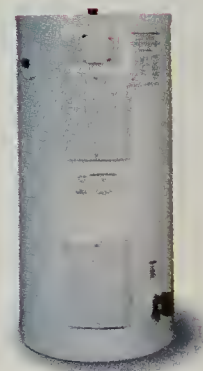
** 12' x 24" pool (not pictured) Prior sales excluded.*

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